

ARMED FORCES CROSS COUNTRY (Men and Women):

1. RULES OF THE TOURNAMENT: IAAF Cross-Country Rules as amended by the AFSC
2. COMPETITION DIVISIONS AND DISTANCES: Each service is allowed to enter the maximum number of competitors indicated for the following scheduled events: (Courses must be hilly)

§ Men's Long Course:	6 Men
§ Men's Short Course:	4 Men
§ Women's Course:	5 Women

*Note: A runner in the men's event may participate in either the long or short races, but not both. All participants must declare their intent to participate on their Service team roster at the organizational meeting.

3. WEIGHT CLASSES: Not applicable
4. SCORING: Winning team is decided by adding the raw times of the top three in the men's long course, top 2 in the men's short course and top three in the women's race. The team with the lowest score wins.
5. TYPE OF BALL: Not applicable
6. DRAW: Not applicable
7. SCHEDULED WEIGH-INS AND PHYSICAL EXAMINATIONS: Not applicable
8. TIE BREAKER: Time of first non-scorer for each tied team. (Will be either fourth male finisher in the long course, third male finisher in the short course, or the fourth place finisher in the women's race.
9. EQUIPMENT: Not applicable
10. SCHEDULE OF EVENTS:

Day One	Thu	1000 -1700 2000	Teams Arrive Organizational Meeting
Day Two	Fri	0900 - 1500 1600 1830 - 1930	Course Inspection - Packet pick-up Ice Breaker Technical Meeting

Day Three	Sat	1130	Senior Men's 4K
		1200	Senior Women's 8K
		1700	Initial Track and Field Awards Ceremony
Day Four	Sun	1145	Senior Men's 12K
		1330	Track and Field Awards Ceremony
		1400	Armed Forces Awards Ceremony
		1700	Early Departures
Day Five	Mon	0700 -	Remaining Departures

11. TEAM STANDINGS: See #4

12. AWARDS:

a. Individual Awards: Top three males in the men's long course, top three in the men's short course and top three females in the women's race.

b. Team Awards: Team standings are for recognition only, no trophy is presented.

13. TEAM COMPOSITION FOR ARMED FORCES: Team competition will not exceed:

*Event open to all active duty personnel. Team points and awards will only be awarded to official service team members.

6 Men (Long Course)
4 Men (Short Course)
5 Women
1 Coach
1 Certified Athletic Trainer
1 OIC
20 Total

14. TEAM COMPOSITION FOR CISM: As follows or as dictated by host country invitation

8 Men (Long Course)
4 Men (Short Course)
5 Women
1 Coach
1 Team Captain
1 Certified Athletic Trainer
1 Chief of Mission
21 Total